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TITLE: Research on Using Cellular Technology for a Motivational Intervention Among
OEF/OIF Veteran's with PTSD

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Annual Report
26 Sep 2012 – Oct 25 2013

Introduction

This is a two year social/behavior research study funded by DOD's Telemedicine & Advanced Technology Research Center (TATRC). Purpose of the study is to address the needs of returning veterans experiencing mental and emotional challenges in transitioning back to civilian life as well as barriers to treatment engagement.

The main objective of the study is to test a motivational enhancement intervention to address barriers to engaging in mental health treatment for recently returned veterans of Operation Iraqi Freedom and Operation Enduring Freedom. The long term goal of the study is to increase veteran's participation in mental health treatment by using a 'Stages of Change model to reduce perceived stigma and barriers to treatment. The central hypothesis put forth is that veterans who receive motivational enhancement will demonstrate greater readiness to change and higher treatment program attendance than veterans who receive treatment as usual.

This project is entitled: **Using Motivational Enhancement among OIF/OEF Veterans Returning to the Community.** It was funded in 2011 after a federal earmark was granted to the Detroit Wayne County Community Mental health Agency. The earmarked grant was sent to research arm of the Department of the Army (TATRC) for oversight. Initially the project was believed to be a 2 year service project, however, this was not the case as pointed out by TATRC. Therefore, before the two year project could begin a research proposal needed to be written, submitted and approved prior to our start up of the project. Due to the amount of time it took for the project proposal to be developed, approved and given approval by the various Universities and Agencies as well as the administrative changes, our start up of the project was actually not until May 2013. Consequently, we are currently completing our first year and going into the second year of the grant that involves participant recruitment; pilot study implementation; participant screening for eligibility to participate in the study; monitoring treatment and follow up activities followed by data analysis and write up of results and findings at the end of the time table. An updated milestone chart is attached reflecting the current timeline.

It should be noted that we requested a no cost extension (NCE) to conduct and complete the project and an organizational name change on the grant from the 'Detroit Wayne County Community Mental Health Agency' to the 'Detroit Wayne Mental Health Authority.'

At this time, we are preparing to send an updated 'Representations for Assistance Agreement' form and updated signature on the 'Certifications and Assurances' attachment so that the extension and name change on the grant can be processed.

In the meantime, the project team continues to meet to monitor progress with effort and activities. This year there were twelve meetings and attendance at various training and recruitment events.

Body

During the past year many logistical challenges for the project have been addressed. First, all contracts related to the project were finalized. Second, all of the key personnel working on the project have been CITI trained; this included the current PI, Maurice Adams and the new Research Assistant hired in July, Ellen Maher. Third, we have received approval from all of the IRBs involved in the project. This includes: Wayne State University (WSU), Francis Marion University (FMU), Detroit—Wayne County Community Mental Health Agency's Research Advisory Committee and the USAMRMC Office of Research Protection. In addition, WSU IRB agreed to be the IRB of record for both Detroit Wayne County Community Mental Health Agency (DWCCMHA) and Southwest Solutions (SWS). Another important factor to note is that the administrating authority for this project was Detroit-Wayne County Community Mental Health Agency (Agency) formerly a Wayne County department. Within the past year due to state of Michigan Legislative mandate, the Agency was required by state law to separate from Wayne County to be an independent governmental mental health Authority, now called Detroit-Wayne Mental Health Authority, effective 10/1/13.

Also this year, given the approval from all IRBs and the USAMRMC Office of Research Protection and with the entire research project team in place, we began the recruiting of OIF/OEF Wayne County veterans for the pilot group.

A logistical matter that emerged during the start of the recruitment phase had to do with the difficulty in finding OIF/OEF veterans that reside in Wayne County. Although some challenges with recruitment were expected, the low response of veterans has required the team to cast a wide net to recruit veterans and to solicit several agencies and the WSU School of Social Work for additional support with recruiting.

Accomplishments

- During this year:
 - Dr. Murphy conducted a workshop for those working with veterans in the Wayne County area and completed the two day training for the two counselors and one peer specialist working with the project. In anticipation of the pilot group starting soon, Dr. Murphy maintains regular contact with the counselor for any additional questions or concerns they may have on the intervention process.
 - All of the key personnel working on the project were CITI trained.
 - We completed the Treatment and Training manual for Motivational Enhancement. (It should be noted that after the completion of the pilot study additional changes may be made to the manual at that point the manual will

- be finalized and submitted to the WSU IRB and USAMRMC Office of Research Protection as an addendum for approval.)
- Expert review was obtained on content of the Treatment and Training Manual.
- Progress has been made conducting pilot tests of protocol.
- The screening instruments have been mailed to recruited veterans for participation in the pilot study. It appears as if this task will be completed during the next quarter.
- Received approval from the University IRBs involved in the project, this includes: Wayne State University (WSU), Francis Marion University (FMU). Also received approval by the mental health agency's Research Advisory Committee
- Received approval from the USAMRMC Office of Research Protection. In addition, WSU IRB agreed to be the IRB of record for both Detroit Wayne County Community Mental Health Agency (DWCCMHA) and Southwest Solutions (SWS).
- Personnel for the entire research project team was assembled and put in place.
- We began the recruiting of OIF/OEF Wayne County veterans for the pilot group.

Reportable Outcomes

The administrative accomplishments above are worthy of note. We do expect there to be significant data related outcomes after post test assessment at the end of the Motivation Enhance protocol during the third quarter of the NCE time frame (Apr-Jun 2014).

Conclusion

We anticipate receiving a NCE allowing us to proceed with administering the project by Detroit Wayne Mental Health Authority, WSU, and FMU. We plan to complete the pilot study during November-December. Dr. Shirley Thomas, Co-PI and Ellen Maher, RA will continue to find sites to recruit veterans for not only the pilot study but the study in general. The study team will continue to meet monthly to monitor progress and attend recruiting events as needed. Dr. Murphy will continue to oversee and supervise the training of the clinical staff.

In our revised project milestones it is our hope to complete the pilot study; finalize the study manuals and submit the final manual to Wayne State University IRB and USAMRMC Office of Research Protection during the next quarter (Jan-Mar 2014).

References

No additional references at this time.

Appendices

Revised Milestone Chart.

MILESTONE/TIME-LINE
OIE/OEF VETERAN RESEARCH MOTIVATIONAL ENHANCEMENT TREATMENT STUDY

| Critical Events | May '13 | Jun '13 | Jul '13 | Aug '13 | Sep '13 | Oct '13 | Nov '13 | Dec '13 | Jan '14 | Feb '14 | Mar '14 | Apr '14 | May '14 | Jun '14 | Jul '14 | Aug '14 | Sep '14 | Oct '14 |
|--|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| 1. Adapt ME Protocol | | | | | | | | | | | | | | | | | | |
| a. Conduct training of TX staff and Peer Support Specialist | | | | | | | | | | | | | | | | | | |
| b. Conduct pilot test of adapted ME | | | | | | | | | | | | | | | | | | |
| c. Revise and finalize manual content & participant materials | | | | | | | | | | | | | | | | | | |
| d. Provide feedback to TX staff & PS Specialist | | | | | | | | | | | | | | | | | | |
| 2. Participant Recruitment | | | | | | | | | | | | | | | | | | |
| a. Secure agreements with community-based sites to recruit | | | | | | | | | | | | | | | | | | |
| b. Conduct presentations to returning veterans | | | | | | | | | | | | | | | | | | |
| c. Visit sites to recruit | | | | | | | | | | | | | | | | | | |
| d. Mail letters and advertise in veteran newsletters | | | | | | | | | | | | | | | | | | |
| e. Recruit 100 veterans for study | | | | | | | | | | | | | | | | | | |
| 3. Implement 3 cycles of study protocol. | | | | | | | | | | | | | | | | | | |
| a. Screen 480 interested participants for eligibility | | | | | | | | | | | | | | | | | | |
| b. Conduct interviews with participants to obtain consent, administer pretests, provide overview of protocol | | | | | | | | | | | | | | | | | | |

MILESTONE/TIME-LINE

[illegible]